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for beginners and pros alike, the Borg Scale of Perceived Exertion can be a powerful resource (Borg, Gunnar. Borg's Perceived Exertion and Pain Scales

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Borg perception - home

validated products of Dr. Gunnar Borg s research in perceived exertion and fatigue, breathlessness and difficulties breathing (dyspnea), chest pain

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The borg scale for rating of perceived exertion

Using the Borg Scale of Perceived Exertion, Don't concern yourself with any one factor such as leg pain, shortness of breath or how hard the work is.

Borg scale : definition of borg scale and

Borg's Perceived Exertion and Pain Scales. Champaign, IL: Human Kinetics; 1998; Borg, G, "Perceived Exertion as an indicator of somatic stress", Scandinavian journal

The borg scale of perceived exertion | the

One way to gauge how hard you are exercising is to use the Borg Scale of Perceived Exertion. The Borg Scale takes into Gunnar Borg, who created the scale,

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Borg scales (borg rpe scale / borg cr10 scale)

Borg CR10 scale Gunnar Borg CR10 Scale" is a general method for measuring most kinds of perceptions and experiences, including pain and also perceived exertion

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